

What Is Claimed Is:

1. A leg positioning and training device for golfers, said device comprising: a platform comprising a top surface and a bottom surface; a foot base plate rotatably mounted to said top surface of said platform; an ankle support attached to said foot base plate, said ankle support comprising a segment extending upwardly from said foot base plate, said segment of said ankle support being angularly adjustable with respect to a plane substantially normal to said top surface of said platform; a strain gauge operatively attached to said segment of said ankle support whereby force applied to said segment of said ankle support may be detected; and an indicator operatively connected to said strain gauge, said indicator being disposed on said top surface of said platform such that said indicator is visible to a user of said device, whereby an indication of force applied to said segment of said ankle support by the user may be observed.

2. A device as in claim 1 wherein said segment of said ankle support comprises an inner surface and an outer surface, said strain gauge being disposed on said outer surface of said segment of said ankle support whereby said strain gauge detects force applied to said inner surface of said segment of said ankle support.

3. A device as in claim 2 further comprising a foot base plate lock disposed on said top surface of said platform in engaging relation to said foot base plate, whereby said foot base plate may be fixed to prevent rotation thereof with respect to said top surface

of said platform.

4. A device as in claim 3 wherein said foot base plate lock is releaseable.

5. A device as in claim 4 wherein said platform is a rectangle.

6. A device as in claim 5 further comprising at least one aperture formed through said platform in spaced apart relation to an edge of said rectangle.

7. A device as in claim 5 wherein said foot base plate is mounted to said top surface of said platform substantially adjacent one of the shorter sides of said rectangle.

8. A leg positioning and training device for golfers, said device comprising: a rectangular platform comprising a top surface and a bottom surface; a foot base plate rotatably mounted to said top surface of said platform; a foot base plate lock disposed on said top surface of said platform in engaging relation to said foot base plate, whereby said foot base plate may be fixed to prevent rotation thereof with respect to said top surface of said platform; an ankle support attached to said foot base plate, said ankle support comprising a segment extending upwardly from said foot base plate, said segment of said ankle support being angularly adjustable with respect to a plane substantially normal to said top surface of said platform; a strain gauge operatively attached to said segment of

10 said ankle support whereby force applied to said segment of said ankle support may be
detected; said segment of said ankle support comprising an inner surface and an outer
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ankle support whereby said strain gauge detects force applied to said inner surface of
said segment of said ankle support; and an indicator operatively connected to said strain
15 gauge, said indicator being disposed on said top surface of said platform such that said
indicator is visible to a user of said device, whereby an indication of force applied to said
segment of said ankle support by the user may be observed.